

RAKUEN TRANSLATIONS

STATUS: ONGOING
TYPE: WEBCOMIC
URASUNDAY

Danberu nan kiro moteru?

AUTHOR: SANDROVICH YABAKO
ARTIST: MAAM
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URA SUNDAY
COMICS
SANDROVICH YABAKO
& MAAM PRESENTS

TRANSLATOR: /A/NONYMOUS TYPESETTER: PAP041 CLEANER: PAP041
PROOFREADER: /A/NONYMOUS RAWs: /A/NONYMOUS REDRAWER: PAP041



RakuenTranslations



Ikebukurotranslations.blogspot.pe

WE ARE LOOKING TRANSLATORS FOR:

DEAR SUCCUBUS SISTER



ADDICTED TO CURRY



MARRY ME!



FATE/STAY NIGHT
HEAVEN'S FEEL



ONE MORE AGE



IMOUTO SAE IREBA II. @COMIC



RAKUEN TRANSLATIONS

IF YOU'RE INTERESTED
ON HELPING US,
WRITE US ON OUR
FACEBOOK PAGE OR
CONTACT US AT OUR
BATOTO ACCOUNT:
PAPO41.



We're also recruiting
typesetters and redrawers.

CHAPTER 14: ATHLETIC FESTIVAL

THE
AUTUMN
OF
SPORT

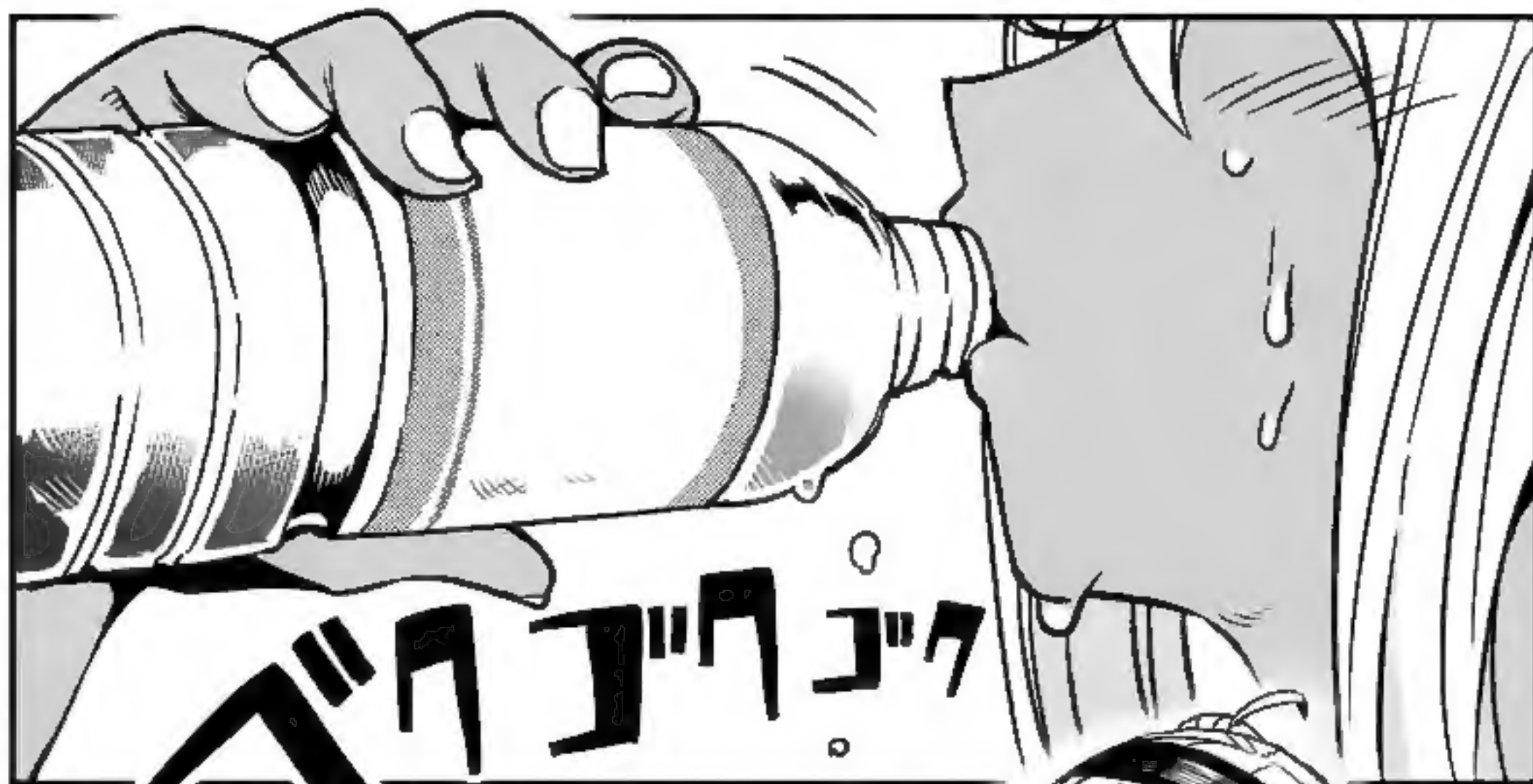
AND NOW,
IT'S THE
MIDDLE
OF THE
ATHLETIC
FESTIVAL.

KOUYOU
GIRLS
ACA-
DEMY



ダンベル
何キロ持てる？





WE CAN'T REALLY MOUNT A COUNTER-ATTACK, NOW.

A組	B組	C組	D組	E組	F組
550	190	280	300	240	220

BUT, B CLASS IS SERIOUSLY THE WORST. LIKE, BY A LONG-SHOT.

AINA RUMIKA (30-YEARS-OLD, SINGLE)

SAKU-RAAA~, GO GET READY FOR THE RELAY.

BUT I'M TOTALLY SAVED, NOW. WE CAN'T WIN OVERALL, SO THERE'S NO PRESSURE.

THIS EVENT'S POINTS ARE SO OUTTA WHAAA-ACK!!!!

Who come up with this!!!!?

OH HEY, THE RELAY'S WORTH ABOUT 5 TRILLION POINTS.

SO, WINNING THE FESTIVAL IS A CINC.



ABENO
FROM
CLASS
C...

ANYWAY,
IT JUST
MEANS
I'M
LOOKING
OUT
FOR,



GOTTA
WATCH
HER.

AND
TRACK
TEAM'S
MINATO
IN
CLASS
E.



And
I get
anchor
of all
things!

I suck
so bad
at rock
paper
scis-
sors...

THE
FINAL
RACE:
400M
RELAY



SOU-
RYUUN
AKEMI
(CLASS A)

CLASS A IS
ALSO MONO-
POLIZING
THE POINTS
LEAD DUE
TO AKEMI'S
EFFORTS.



THE MOST
DANGE-
ROUS
ONE RUN-
NING...

BUT,

IT'S
THAT
DAMNED-
AKEMI,
HUH.....

HIBIKI~!
LET'S
NOT GO
EASY ON
EACH
OTHER!



THE
HAMSTRINGS
ARE THE
ACCEL MUS-
CLES THAT
GENERATE
SPEED.



YEAH.
THE
LEG
CURL
THING,
RIGHT?

YOU RE-
MEMBER
THE HAM-
STRING
TRAINING
FROM LAST
TIME,
RIGHT?

YEAH, YEAH.
"THE MUS-
CLES YOU
NEED TO
RUN
FASTER."

MACHIO
NARU-
ZOU

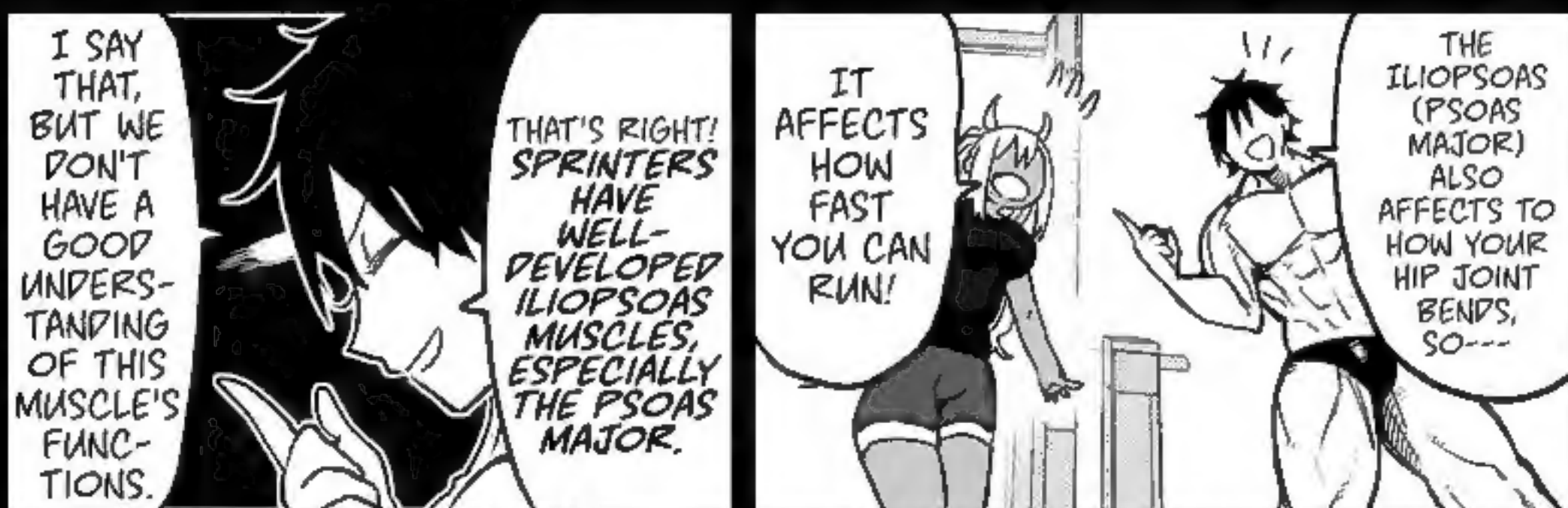
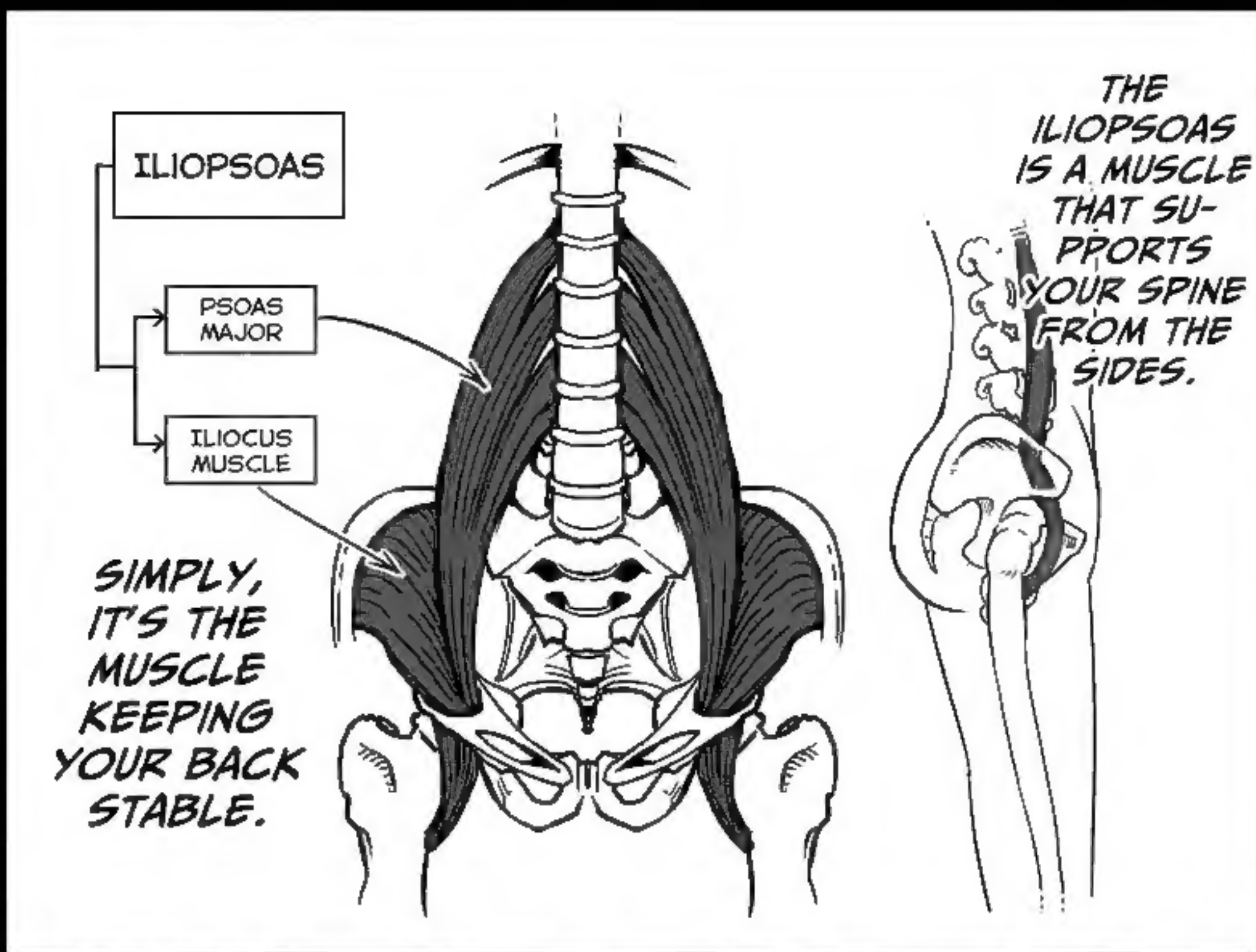
THE-
RE'S
STILL
MORE!

AND
THERE'S
ANOTHER
MUSCLE
THAT'S
NECESSARY
FOR
RUNNING
FASTER.

*SEE CHAPTER 13.

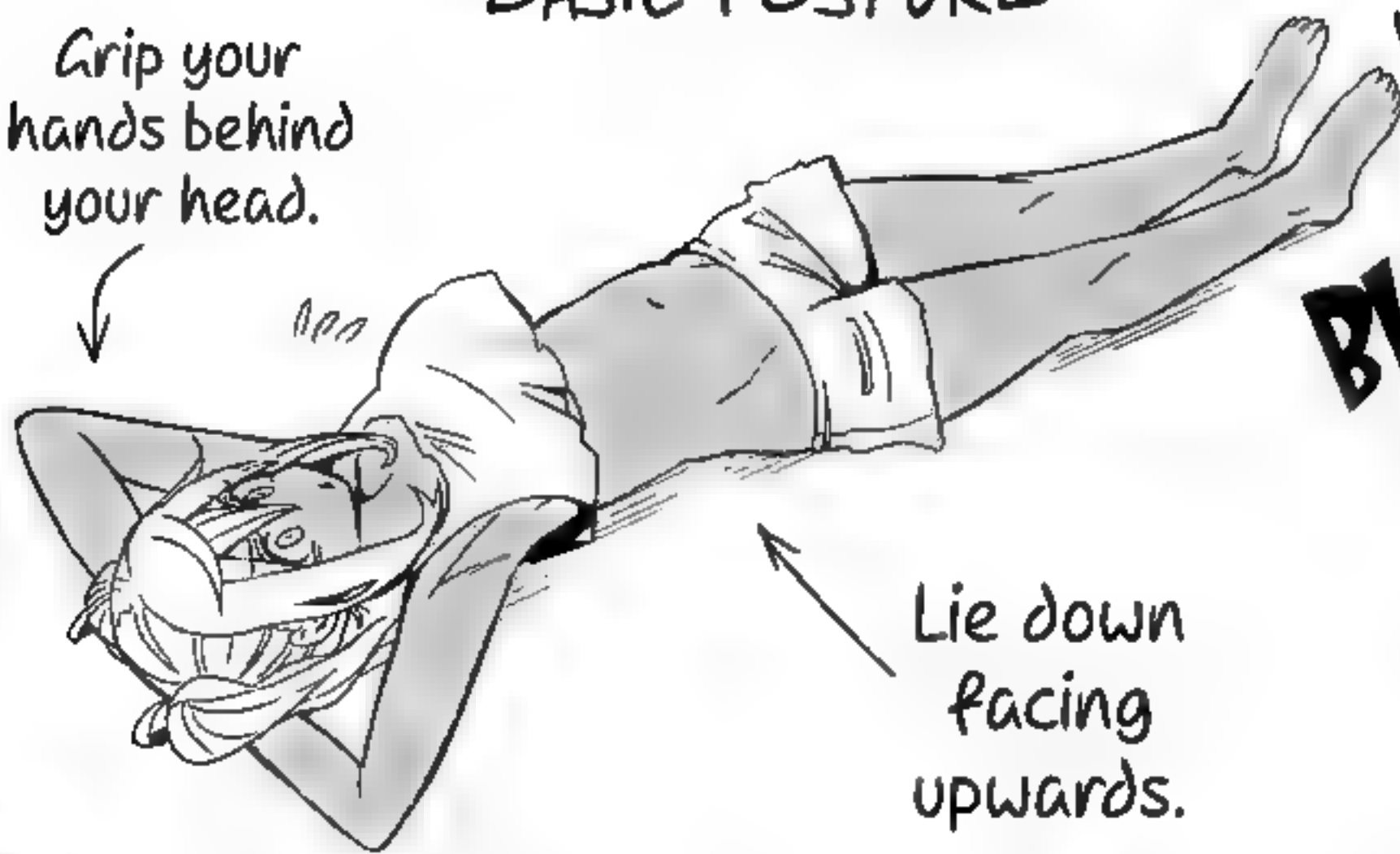
THIS
CLOSE UP
ISN'T
NECES-
SARY
!!!!

AND
THAT'S...
THE
ILIOP-
SOAS!!!



BASIC POSTURE

Grip your hands behind your head.



It also trains the abs!

BICYCLE KICKS

Lie down facing upwards.



②

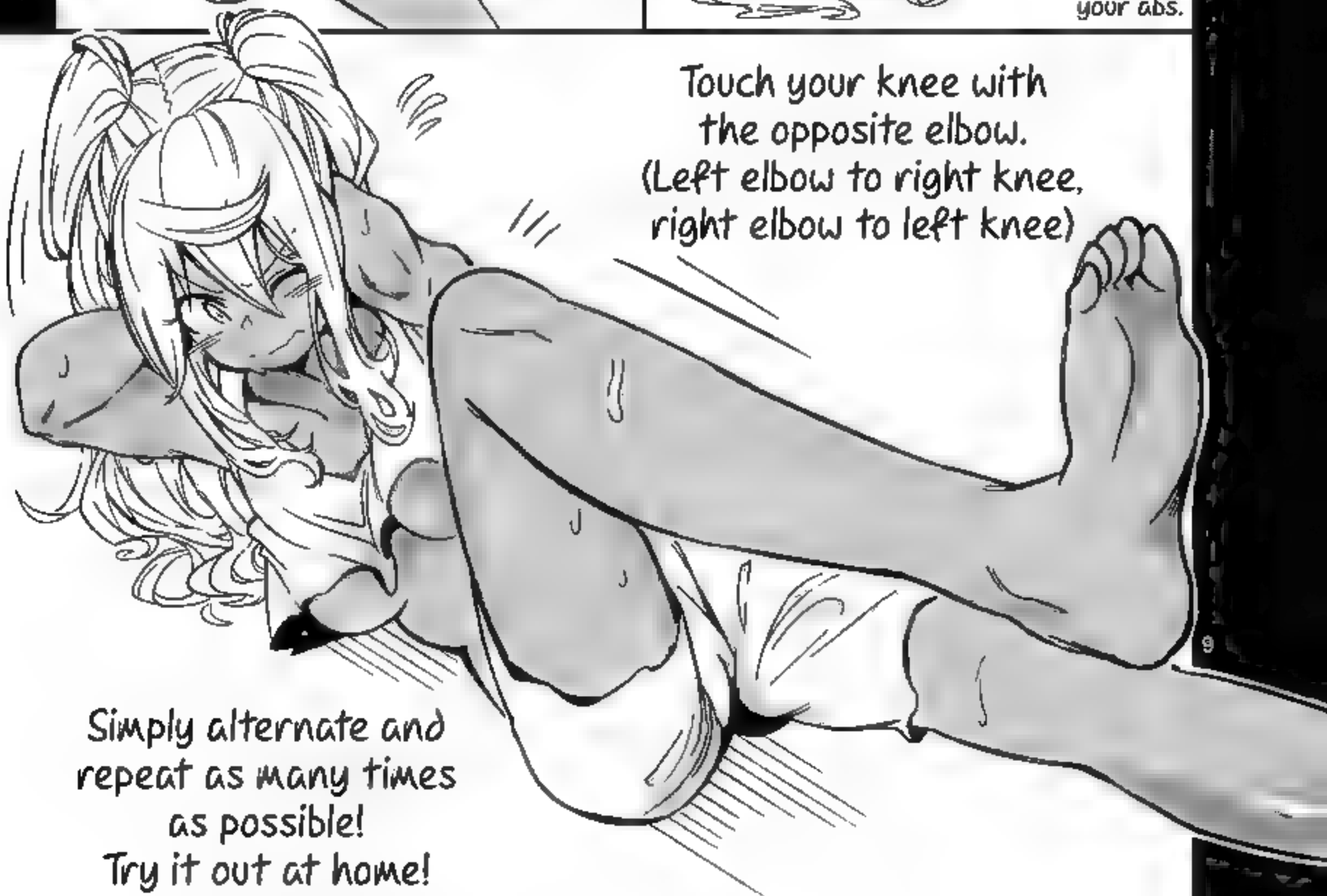
Raise your left (or right) knee.



①

Raise your head. At this point, clench your abs.

Touch your knee with the opposite elbow.
(Left elbow to right knee, right elbow to left knee)



Simply alternate and repeat as many times as possible!
Try it out at home!

At first,
try aiming
for 3 sets
of 20
repetitions
every day.

Performing
bicycle
kicks,
you can
train your
rectus
abdominis,
obliquus
abdominis
and your
iliopsoas
muscles.

RECTUS
ABDO-
MINIS
MUSCLE

OBLI-
QUUS
ABDO-
MINIS
MUSCLE



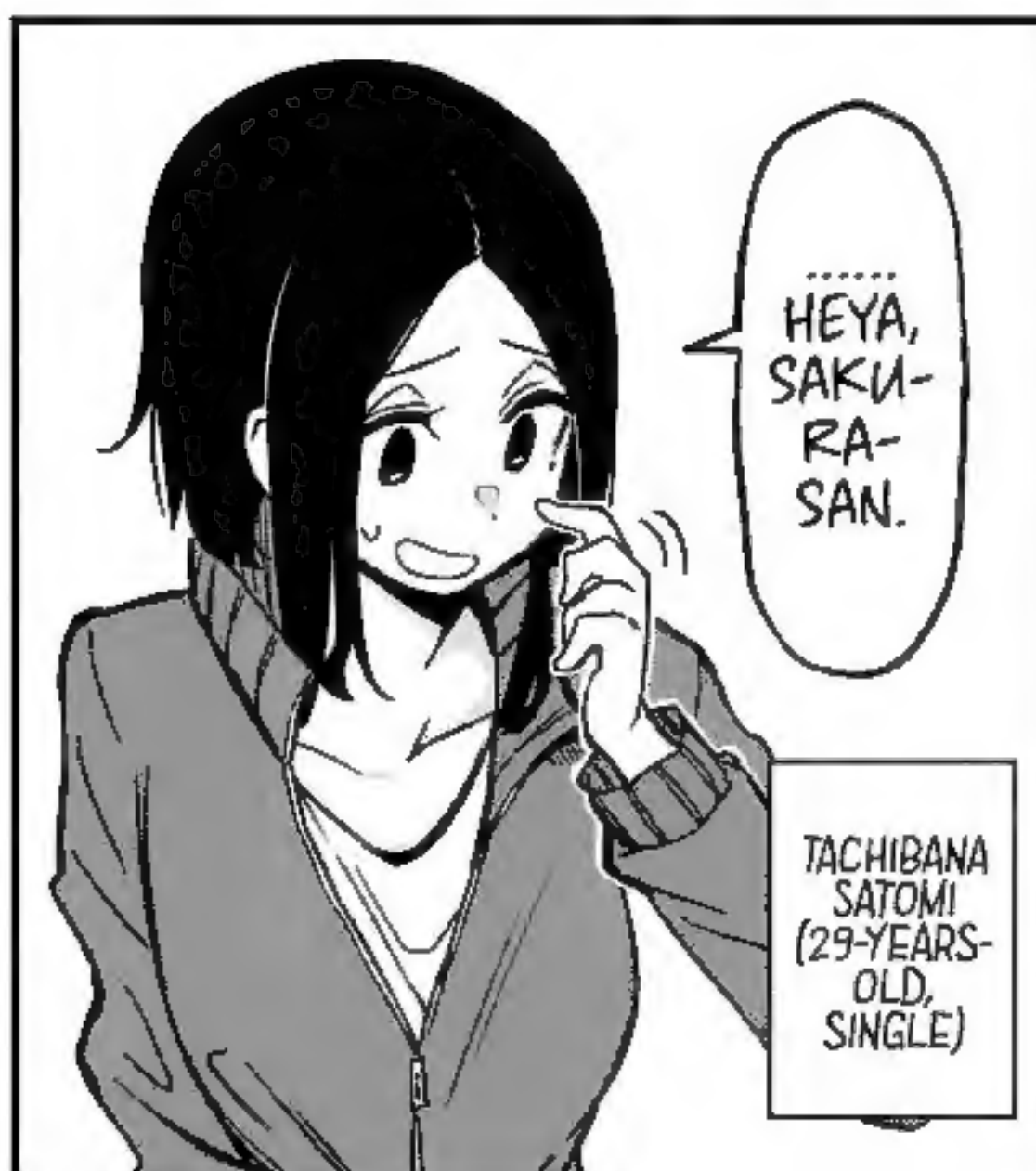








SF: WHISTLE



.....
HEYA,
SAKU-
RA-
SAN.

TACHIBANA
SATOMI
(29-YEARS-
OLD,
SINGLE)



WELL,
I'M THE
REFE-
REE...

HUH?
TACHIBANA-
SENSEI,
WHAT'RE
YOU
DOING?



TECHNICALLY,
YOU WEREN'T
THE ONE WHO
DROPPED
THE BATON,
SAKURA-SAN.
SO IF YOU
TOUCH IT NOW,
IT'D BE A VIOLA-
TION OF THE
RULES.

SO, IF I
PUT IT
SIMPLY
...

**COMPETITIVE
RULES OF
THE JAPAN
TRACK COM-
PETITION
ALLIANCE**

**ARTICLE 170:
RELAY COM-
PETITIONS**

**IN THE EVENT
THE BATON IS
DROPPED,
THE PARTICIPANT
IS JUDGED TO
HAVE THROWN
THE BATON
AND MAY NOT
CONTINUE.**



I DIDN'T
KNOW
THAT....!

I.....

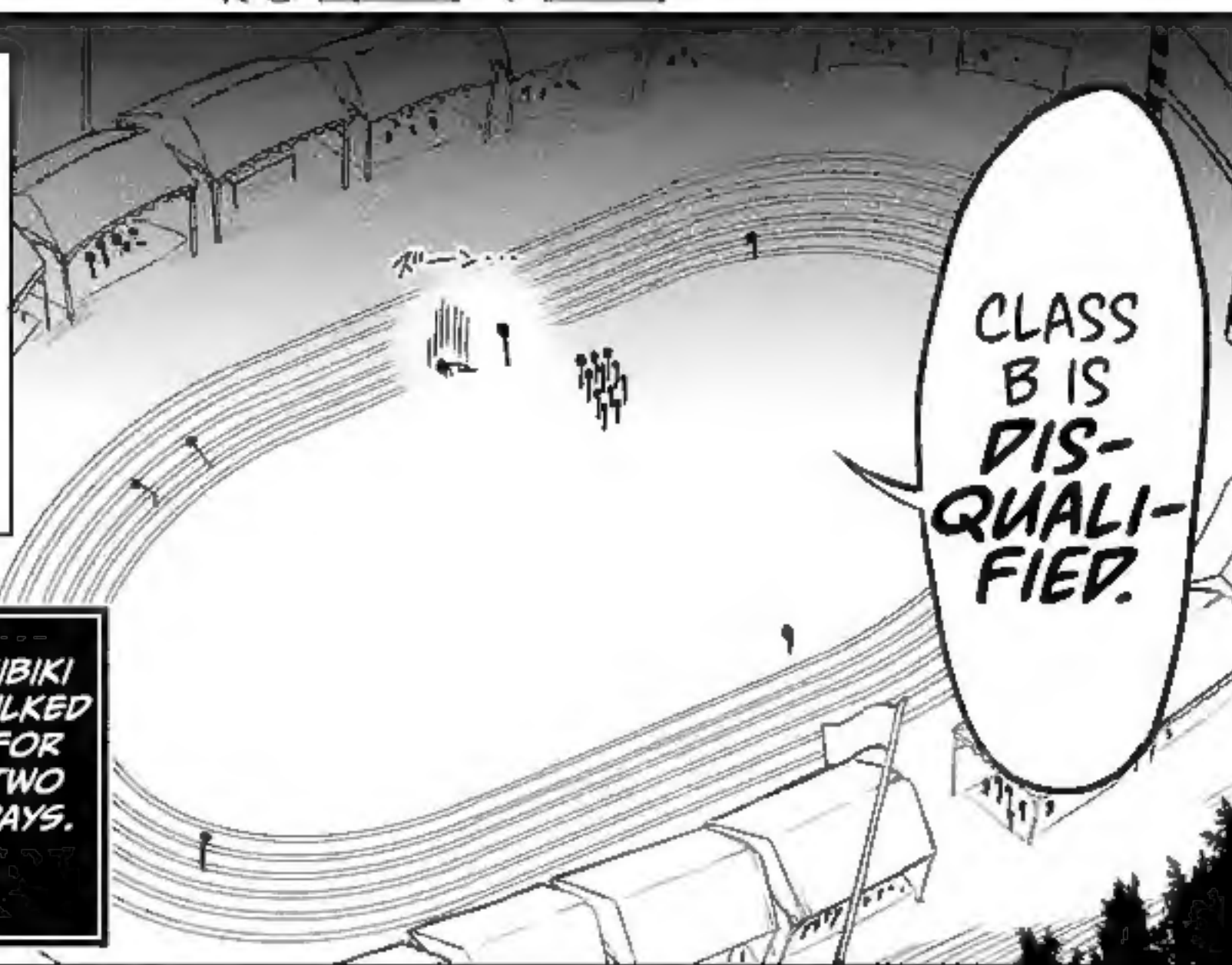


AND,
SO,
YEAH...



.....
AH~...

EVERYONE
CONCERNED
RECOGNIZED
THE IMPORTAN-
CE OF UNDER-
STANDING THE
COMPETITION
RULES AND
FELT
BETRAYED.



CLASS
B IS
DIS-
QUALI-
FIED.



HIBIKI
SULKED
FOR
TWO
DAYS.



WHAT IF?

